

# Center Safety Office Newsletter

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## AFMC "101 Critical Days of Summer" Safety Message

1. We are fast approaching the 101 Critical Days of Summer. This period begins 28 May 04 and runs through 6 September 04. Historically, the Spring and Summer timeframes have shown an increase in outdoor and recreational mishaps. In addition, the "on the road again" fever adds exposure that we haven't involved ourselves in since last Labor Day. This is the time when we need to place extra emphasis on good decision making and taking the responsibility for the personal well-being of our families and ourselves. We must make safety awareness a part of our everyday lives - on and off duty. Commanders must emphasize the need for safety awareness during these critical days. Everyone in this command regardless of rank, age, sex, or position must be aware of this impending time of increased safety awareness.

2. Over the years, we have demonstrated time and time again that we are the greatest Air Force in the world, but we have not done enough to keep our Airmen and their families safe. People are our most important resource and our greatest investment. I have rarely heard of an accident that could not have been prevented.

3. In FY03 the Air Force lost 23 members (30% of our total off-duty deaths) in motorcycle related mishaps and 43 members (51% of our total off-duty deaths) in four wheel private motor vehicle mishaps. As the weather improves, more of our members will be riding motorcycles. Now that winter is over, motorcycle riders must hone their riding skills back to previous



## DO YOU KNOW WHAT HAPPENS TO A BODY IN AN ACCIDENT WITHOUT A SEATBELT?



Studies at Yale and Cornell Universities provide a dramatic split-second chronology of what happens when a car rams into a tree at 55 mph.

It takes **7/10ths** of a second to kill a person in an automobile crash.

At **1/10th** of a second, the front bumper and grille collapse.

At **2/10ths** of a second, the hood crumples rises and smashes into the windshield, as the grillwork disintegrates.

At **3/10ths** of a second, the driver is sprung upright from the seat, their knees pressed against the dashboard, and the steering wheel bends under the driver's grip.

At **4/10ths** of a second, the front of the car is destroyed and dead still, but the rear-end is still plunging forward at 55 mph. The half-ton motor crashes into the tree.

At **5/10ths** of a second, the driver's fear-frozen hands bend the steering column into an almost vertical position, and the driver is impaled on the steering wheel shaft. Jagged steel punctures his lungs and arteries.

At **6/10ths** of a second, the impact rips the shoes from the driver's feet. The chassis bends in the middle, and the driver's head is slammed into the windshield. The rear of the car begins its downward fall as the spinning wheels churn into the ground.

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proficiency levels. During the first few months of FY04, AFMC has already lost one member of our command to a motorcycle mishap. Additionally, automobile drivers share responsibility to drive defensively, be aware of their surroundings and be on the look-out for the presence of motorcycles in traffic. By using Operational Risk Management in vacation planning and before participating in high risk or challenging activities, we can substantially reduce the chances of mishaps happening that could lead to mishaps.

4. We must ensure we educate our family members and co-workers on risk management to ensure that they use seatbelts, helmets, lifejackets, and other protective equipment all the time. AFMC Safety and Security Forces have teamed together to develop a seatbelt awareness program. This program consists of seatbelt checks and education. Results of these checks will be briefed to me on a quarterly basis. Be a positive example of using the proper safety equipment at all times. We must continue to stress the importance of emphasizing alcohol awareness and its impact on our members in a recreational setting. Do not drink and drive. Use designated drivers or call for a ride such as our program, Airmen Against Drunk Driving (AADD). Everyone in this command is a valuable and needed member of our team. Let's use ORM to help us make smart decisions, for ourselves, for our families and for our friends. Our goal is to continue preserving the lives of our AFMC family by preventing mishaps. Have a safe Summer!

**General Gregory S. Martin**  
**Commander**  
**Air Force Materiel Command**



**U.S. AIR FORCE**

**At 7/10ths of a second, the entire body of the car is twisted grotesquely out of shape. In one final agonizing convulsion, the front seat rams forward, pinning the driver against the steering shaft. Blood spurts from the driver's mouth. Shock has frozen the driver's heart.**

**But the driver doesn't mind**



**Because he or she is already dead!**

## **Hill AFB**

### **Seatbelt Requirements:**

- 1. On base everyone must wear a seatbelt**
- 2. Off base, when on Air Force business must use seatbelt**
- 3. Active Duty must wear seatbelt at all times**
- 4. Children 5 years or under (not exceeding 50 pounds) must use an approved infant/child restraint device**
- 5. Must follow local laws on seatbelt use**
- 6. Seatbelts must be used with airbags**

**WARNING:** Occupants not wearing seatbelts during a crash become projectiles inside a car. They threaten their own life and the lives of other occupants, even if those other occupants are wearing seatbelts.

## Reduce Your Own Stress

Traffic stress--indeed, anger in general--is hazardous to your health. The stress from road congestion is a major contributing factor to violent traffic disputes. Making a few simple changes in the way you approach driving can reduce your stress level in the car.

1. Consider altering your schedule to avoid the worst congestion. Allow plenty of time so that you do not have to speed, beat traffic lights, or roll through stop signs. Think -- is it really the end of the world if you are a bit late? Could you plan your day so you could leave a little earlier?

2. Improve the comfort of your vehicle. Use your air conditioner, install a tape or CD player to enjoy uninterrupted music or books on tape, and get a pillow or seat cover to make your seat more comfortable. Listen to classical music or any music that reduces your anxiety; avoid anger-inducing talk radio, for example.

3. While in traffic, concentrate on being relaxed. Don't clench your teeth. Loosen your grip on the wheel, take a deep breath, and do limited exercises and stretches for your arms and legs.

4. Don't drive when you are angry, upset, or overtired.

5. Most importantly, understand that you can't control the traffic, but you can control your reaction to it.

6. Adjust Your Attitude

7. Give the other driver the benefit of the doubt. Assume that other drivers' mistakes are not intentional and are not personal. Be polite and courteous, even if the other driver isn't; it's better to err on the side of caution.

8. Before reacting to another driver's mistake, ask yourself, "How many times have I made the same mistake?" Before initiating or responding violently to a traffic situation, ask yourself, "Is it worth being paralyzed or killed? Is it worth the time and money for a lawsuit? Is it worth a jail sentence?" Split-second impulsive actions can ruin the rest of your life.

9. Encased in metal armor, many motorists who are normally passive become enraged road warriors when they get behind the wheel. Don't become one of them. These individuals should be advised that (a) cars are not bulletproof; (b) another driver can follow you home; and (c) you've got to get out of the car some time.

10. Avoid all conflict if possible. If you are challenged, take a deep breath and get out of the way, even if you are right. You don't want to be dead right. Instead, try being more forgiving and tolerant. Recognize the absurdity of traffic disputes and focus on what is really important in life. You cannot fight every battle. Save your energy--and your life--for something worthwhile. ♦♦♦

OO-ALC/SE

## DEADLY DISTRACTIONS



*Tips for keeping your mind on the road*

***Driver distractions or inattentive driving play a part in one out of every four motor vehicle crashes.***

***That's more than one-and-a-half million collisions a year — more than 4,300 crashes every day!***

## Distractions Are Everywhere

The list of driver distractions that contribute to crashes and injuries is long. But here's the bottom line: driving is a serious responsibility; it demands and deserves your full, undivided attention.

What is a distraction? It's anything that takes your hands, eyes or attention away from driving. It could be a billboard, passengers in your car, something going on outside your car or even something as simple as trying to set the speed of your windshield wipers. Of course, you have to occasionally glance at your speedometer, fuel and other gauges. But actions like changing the radio station, dialing a cell phone, reading a map or using a navigation system while you're driving can lead to big trouble. In fact, one recent study showed that driver distractions are a contributing factor in more than 4,300 crashes a day. Among the most common driving distractions are:

- Adjusting the radio, cassette or CD player
- Other occupants in the vehicle
- Moving objects in the vehicle
- Using/dialing a wireless phone
- Eating and drinking while driving

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- . • Personal grooming
- . • Adjusting the vehicle's temperature controls
- . • Smoking while driving
- . • Outside distractions, including:
  - . • Accidents
  - . • Vehicles stopped by police
  - . • Friends in other vehicles
  - . • Roadside advertising
  - . • New construction (shops, restaurants, etc.)

Our goal is to help you recognize driver distractions and give you tips on how you can avoid falling victim to them.

### Mobile Phones — Dialing for Disaster

Can't imagine life without your cell phone? They're an important part of everyday life, but using a wireless phone while driving increases your chance of getting into an accident by 400 percent.

When you're searching for a number, dialing or talking, you're not watching the road like you should. "Hands-free" phone features help, but they can't prevent you from becoming involved in a conversation and losing concentration.



A survey of 837 drivers with cell phones found that almost half swerved or drifted into another lane, 23% had tailgated, 21% cut someone off and 18% nearly hit another vehicle while using the phone.

So what can you do? How can you be a safe driver if you absolutely have to use your phone while traveling? Wireless phone manufacturers suggest a number of good options:

- . • Pull off the road and stop in a safe place before using your phone.
  - . • When the phone rings, let it ring! It's better to use your phone's voicemail or even miss a call than to put yourself, your passengers or others at risk.
  - . • Become very familiar with your phone before using it on the road.
- Never take notes or jot down numbers while driving.

**Remember:** driving safely is always more important than using the phone.

### **Dashboard Dining — A Crash Diet**

From breakfast burritos to burgers and fries, eating on the run has turned into an everyday part of our lives. Who hasn't done it? French fries on your lap, a drink in one hand and a sandwich in the other while your knees do the steering. Eating while driving is not only dangerous, it's messy; fumbling with napkins, condiments, wrappers and beverages means you're not watching the road.

Here are a few ways you can concentrate more on the road than on your burger:

- Leave a little early. Allow yourself time to stop for a bite to eat.
- If you're traveling with someone, take turns driving and eating.

### **Turning Knobs Means Turning Your Head**

Radio station buttons, CD and cassette controls, volume, balance and fade, A/C and heat knobs, fan speed, cruise control.....

Those are just some of the knobs, switches, buttons and controls you can adjust, switch on or off and turn up and down while driving; they all help make travel more comfortable and more fun.



You may think all the adjusting and changing is routine – after all, you've been doing it since you got your license. But inserting a CD or searching for a radio station makes you six times more likely to get into an accident than glancing at the fuel gauge or speedometer.

Think about it; let's say you're going 60 miles per hour. If you look down for just two seconds to choose a CD or adjust the climate controls, you'll have traveled 176 feet blindly. That's more than half the length of a football field. Try these tips to help keep your attention on the road:

- Ask your passenger to adjust the radio or climate controls for you.
- Take advantage of normal stops to adjust controls.
- With more complex devices – GPS/navigation systems, etc. – take the time to stop in a safe place before giving them your attention.

### **Children, Pets and Passengers**

It's hard enough concentrating on the road without the distraction of children, pets and passengers; adding in just one of those factors can make driving dangerous. But there are ways you can avoid driving distractions within your own vehicle:

- Be sure children are properly and safely buckled up; give them books, games or other items to occupy their time.
- Use a pet carrier or portable kennel to limit a pet's ability to roam.
- Avoid arguments and minimize distracting conversations while driving.

### External Distractions — Looks Can Kill

It's just human nature – the urge to “get a good look” at the scene of an accident or at cars that have been stopped by police can be almost overwhelming. And who can resist a long look at what they're putting in at the new shopping center? **The best advice: Don't do it!** Those things are never more important than staying focused on driving.

Remember, letting your concentration be diverted by these common driving distractions can be deadly:

- Roadside activities such as accidents or vehicles stopped by police
  - Friends in other vehicles
  - Roadside advertising
  - Construction areas
  - Scenic views

### Other Dangerous Driving Distractions

As you know there are all kinds of other distractions that take your attention away from driving. How many times have you seen people putting on make-up, styling their hair or shaving while driving? How about people reading maps or directions, a newspaper or even a book? And we all know smoking is hazardous enough, but lighting up, putting out cigarettes or dealing with falling ashes while driving can be deadly.

### Don't Let Technology Take a Toll

Some technology – like anti-lock brakes and traction control – has helped make driving safer. Other new technology, though, can cause you to take your mind and your eyes off the road.

There's a whole new generation of in-car electronic gadgets – called “telematics” – designed to make life in the car more convenient and more comfortable. Wireless phones, alphanumeric pagers and other “messaging” devices, mobile Internet and hand-held computers all fall into this category, and many newer cars even have on-board navigation and night-vision systems.

But as communication and navigation technology becomes more and more common in vehicles, companies and even local and state governments are taking steps to increase safety. Some systems cannot be programmed while the vehicle is in motion. Voice-activated systems are being developed. And new laws are being considered in many places to limit what devices may be used while driving.



*The safe solution is simple – never do any of these things while you're driving.*

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### Distractions and Young Drivers

Car crashes are the number one killer of teenagers in America – more than 5,000 teens die each year. Inexperience, risk-taking and driver distractions are some reasons why.

Loud music, changing discs and tapes as well as tuning the radio are also potentially deadly distractions when behind the wheel. And when a teen driver has friends in the car, the risk is even higher – the more passengers, the greater the chance of a serious crash. Here are other common teen driver distractions that can be deadly:

- Friends in other vehicles. Don't let saying "hi" or other fun and games take your attention off the road. Never try to pass items from one moving vehicle to another.
- Headphones. Hearing what's going on around you is just as important as seeing. In most states it's illegal to wear headphones while driving.
- The "show-off" factor. It may be tempting to go faster, turn sharper or beat another car through an intersection. But don't do it. Keep focused on staying safe and staying alive.

### How To Keep Your Concentration

Are you always prepared to avoid a car swerving in front of you? How about braking for a pedestrian who suddenly steps into your path? Can you steer safely clear of debris falling from a truck?

Stay focused. Pay attention. Expect the unexpected. And follow these simple tips to help you – and others – stay alive:

- ♦ Always be sure you and your passengers are properly buckled up.
- ♦ Get plenty of sleep; never drive while drowsy.
- ♦ Avoid aggressive drivers.
- ♦ Do not tailgate.
- ♦ Allow sufficient time to reach your destination.

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We're on the Web!

See us at:

[www.hill.af.mil/safety](http://www.hill.af.mil/safety)

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### About Our Organization...

*Our mission is to implement the OO-ALC Commander's Flight, Ground, System and Weapons safety programs ensuring the OO-ALC mission is accomplished in a safe and efficient manner.*